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HOW TO KEEP WELL A COMMON SENSE HYGIENE

LUELLA SHAW M. D.

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How to Keep Well

A Common Sense Hygiene

By

LUELLA SHAW, M. D.

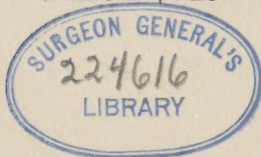
Washington, Iowa

"Talk health. The dreary, never-ending tale
Of mortal maladies is worn and stale;
You cannot charm or interest or please
By harping on that minor chord, disease.

"Talk happiness. The world is sad enough
Without your woe. No path is wholly rough.
Look for the places that are smooth and clear,
And speak of them to rest the weary ear
Of earth, so hurt by one continuous strain
Of mortal discontent and grief and pain."

"There is a slave whose name is Fear
A trembling, cringing thing;
There is a king whose name is Will,
And every inch a king."

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To
FATHER AND MOTHER

Press of
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Sincerely
Luella Shaw

FOREWORD

I have no apologies to make for this little book. Having a message to give, I have taken this means of giving it. While it is for men and boys as well as for women and girls to read, it was written with women and girls principally in mind.

My twenty years' experience in treating women's diseases has convinced me that the cause of the prevalence of their diseases, is their lack of knowledge of the care of the body. Mothers, who are ailing, can not raise girls to healthy womanhood because, not knowing how to keep themselves well, they can not teach their daughters the rules of health.

Where are the rosy-cheeked, healthy girls we used to hear about and see and admire so much? They have given place to pale-cheeked, sallow-complexioned girls with dark circles under their eyes; girls who become nervous wrecks

by the time they are twenty and, later, when they are unable to make a living because they are physically and mentally unfit—they marry. The men they marry soon find they have burdens instead of helpmates.

They are physically unfit for motherhood and become panic-stricken at the mere thought of it. They take treatments and undergo operations, which leave them worse instead of better, and by the time they are forty-five years old all symptoms are aggravated. Some go insane, many die, and others become invalids and continue to be burdens for the rest of their lives. All because they did not know how to care for their bodies. What a price to pay for their ignorance!

Nine-tenths of all women are leading just such lives. What good can come from treatments and operations so long as women abuse their bodies? Without the knowledge of the proper care of their bodies, women can never have health.

How different it would be if all women understood and properly cared for their bodies!

We would again have rosy-cheeked, capable girls. They would be fit subjects for marriage because they would be helpmates instead of burdens, and would expect and desire motherhood. They would know how to raise their children and teach them how to keep well. Their principal topics of conversation in their homes would not be aches and pains and doctor bills, but they would have time and inclination to talk on the topics of the day. They could make plans weeks and months ahead and know that their plans would not be frustrated by headache or backache. At the age of forty-five they would be in good physical condition and would be as well as when they, as healthy girls, entered womanhood, and would go on to a healthy and enjoyable old age.

Does this sound too good to be true? It can be and will be true when women wake up to the fact that they, alone, are to blame for their ailments. Women know so little of the care of their bodies and need to know so much.

The object of this book is to give some common sense ideas on the care of the body. If my ideas of hygiene appeal to your judgment, put

them into practice—not because they are mine, but because they appeal to your judgment.

No system of exercise, bathing, diet or special line of thinking is advocated here, for I believe that the body should be cared for much as you would care for a machine to keep it in good order. The body requires food, water, fresh air and protection, and their supply in the right quantities will insure health.

This book is not a studied literary effort but is a message for men and women and boys and girls.

L. S.

Washington, Iowa

May 1, 1916

CHAPTER I

“Know Thyself.”

It is said that every year over three hundred thousand people die of preventable diseases. Just think! Yearly, three hundred thousand people lose years of usefulness and happiness because they do not know how to care for their bodies—they do not know how to live. Disease can be prevented by right living, by knowing how to properly care for the body.

The human body is like a fine watch, which will run a century with the right care, but if neglected will fail to give good service or stop altogether. The body will give us excellent service if we treat it right. We get what we give.

To have health the body must be supplied with what the different organs and tissues require for good work. It must have the materials necessary to keep them in repair and good working order. These materials are good wholesome food, plenty of water, fresh air, rest and protection.

The Art of Right Living.

The food is for the purpose of nourishing broken down tissues which use their messenger, the appetite, to let us know the kind of food required.

Water keeps the blood pure and of the right specific gravity and prevents the system from being clogged by aiding in the elimination of waste matter from the body.

Fresh air also aids in purifying the blood and furnishes oxygen to burn the waste from the worn out tissues.

Rest gives Nature time and opportunity to rebuild what has been torn down by work and exercise. We must pay back to Nature what we borrow.

Protection is to insure safety to the organs and tissues from outside forces such as exposure and accidents.

Nature sends out calls for the needs of the body, but to meet them we must learn to interpret her language. All aches, pains, or feelings of discomfort are Nature's warnings or calls for help. Certain feelings mean that the body needs more water; others, that there are tissues

The Causes of Disease.

not receiving the kind of nourishment they require; other symptoms, that the body has been deprived of the amount of rest, fresh air or protection needed.

The dyspeptic has denied his body the water it needed to keep it from being clogged. He has tried to substitute physic for water with disastrous results. He has over-worked his stomach by too frequent eating, not giving it time to expel one meal before another was given it for digestion, allowing it no intervals for rest. He has failed to supply the kind of food the hungry tissues demanded. When they called loudly for meat, he gave them peanut butter or some breakfast food. When they called for cabbage, he gave them dry toast. The stomach will readily digest food which is called for by the appetite, but becomes discouraged trying to digest food not demanded.

The paralytic is helpless for the reason that he has denied his body the water it required. And by not taking a sufficient amount of rest, he has failed to pay back to Nature the strength he has borrowed.

We Are Punished by Our Sins; Not for Them.

The rheumatic would have saved himself years of suffering had he properly protected his body and drank plenty of water. Protection would have prevented the inflammation and the water would have kept his blood pure. "An ounce of prevention is worth a pound of cure."

Had the nervous woman protected her feet in wet weather and supplied her body with the rest and water it required, she would have saved herself and friends much distress and her husband unnecessary expense.

Bright's disease is the penalty for depriving the body of the water it needed. Inflammation of the kidneys being caused by the passing of irritating solids which water would have dissolved.

Chronic appendicitis is caused by a clogged condition of the bowels due to the lack of water in the system. Physic can not take the place of water. Why give it? Why operate?

The tubercular has failed to respond to his body's demand for water and fresh air. Even inherited tendencies can be overcome by right living. When people learn to study their bodies

Health, the Greatest of All Possessions.

and recognize and supply their needs, not only can tuberculosis but also all chronic diseases be prevented. "We are punished by our sins, and not for them."

"Oh! oh! ah!" exclaimed Franklin; "What have I done to merit these cruel sufferings?" "Many things," replied the Gout; "you have eaten and drunk too freely, and too much indulged those legs of yours in your indolence."

Perfect health is a super-abundance of energy. It is the greatest of all possessions; it means wealth and happiness; it is the stepping stone to everything desirable in life; it takes all drudgery out of work and makes it a pleasure. With health it is a joy just to be alive. Health, alone, enables one to live each day to his fullest and best. There are many who merely exist, it is only with health that one can really live. It is the foundation of all success in life.

Health enables one to be masterful in whatever is undertaken. Nothing is too much for a healthy person to tackle. "Without health, one cannot grow into that bigness of manhood

and grandeur of womanhood that God intended for them." "In order to be the highest, the most efficient type of man or woman, it is just as necessary to cultivate the body, to develop its greatest possible strength and beauty, as it is to cultivate the mind to raise it to its highest power."

Health enables one to keep in tune. It is the solution of many of the perplexing problems of the day, such as divorce, crime, and vice.

With healthy men and women in our homes, there would not be so many occasions for divorce. It is only with health that people of different dispositions and view points of life can live peaceably together. Can you imagine an unhappy home where all the inmates have health? The principal causes for divorce are irritability, fear and worry, all of which are the result of ill health; a failure to give Nature the material necessary to use in her work of physical repair.

Irritability cannot be present in a perfectly healthy body. Healthy babies are always good natured, so are healthy people. An irritable

person may have the appearance of health but his irritability, alone, shows that there is something wrong with his physical machinery. Irritability indicates a dyspeptic condition, a clogged alimentary canal, or over-worked and weakened nerves resulting from lack of water and rest.

The cause of irritability and despondency can be found within the body; it is due to a diseased condition and not to natural disposition.

Someone has said that if a person can be pleasant until ten o'clock in the morning, he can be pleasant all day. This implies that there are people who are not good natured until ten o'clock in the morning. If they are not, it is because the body is calling for better attention to be given it. A bad taste in the mouth and a bad breath is sufficient to make anyone ill natured. It means that there is decayed food in the stomach that needs to be washed out. Only hot water will do this, medicine can not. By drinking two pints of hot water before breakfast each morning, one would have no difficulty in being cheerful the rest of the day.

Health Brings Happiness.

The hot water cleans out the stomach, warms up the digestive apparatus, and thus increases its activity.

Women often have "blue" days which mean discomfort for themselves and those about them. They think the cause of their depression is in their surroundings, but if they would drink a few pints of hot water at short intervals, and take an hour's rest, their outlook on life would be much brighter. The "blues" is an indication of a clogged system and over-taxed nerves, both of which can be dispelled by water and rest. When things go wrong and their minds seem to be enveloped in a cloud, they will find that the cause is within themselves, for those who take the right care of their bodies never have the "blues."

Fear and worry are the causes of much unhappiness in the homes and, like irritability, are the results of an uncared for body. No home can be happy where fear and worry govern the thoughts of any of its inmates.

Some women make themselves miserable and those of their household because of their fear

A Sound Body, a Sound Mind.

and worry. They borrow trouble by fearing sickness, accident or death for their children, or by regretting the past and dreading the future.

A sound body is necessary for a sound mind. Good thoughts are natural to the mind of a well kept body. If the food, water, rest, fresh air and protection required, are given to the body, the thoughts are easily controlled.

Healthy people do not worry although they have their troubles. Good health enables them to make the most of life and to meet reverses and disappointments philosophically. They live one day at a time, forgetting the past and leaving the worry of the future out of their calculations entirely. Health does not eliminate trouble from their lives, but it helps them to meet it. Life does not run smoothly for anyone and whether one's troubles are met with a smile or a tear depends upon his bodily condition. It is not trouble that brings unhappiness and premature old age, it is the manner in which it is met.

Health is the first step toward happiness.

Prepare for Motherhood.

When mothers learn to properly care for their own bodies, they will know how to keep their families in health. Their daughters will become healthy women instead of semi-invalids. Marriage will no longer be considered a failure when a knowledge of the body and its care is a part of every girl's education. Marriage cannot bring health to a sickly girl, it can bring only trouble to herself and husband.

If a girl expects to be a stenographer or teacher, she prepares herself by taking a special training. But if she contemplates becoming a home-maker and mother, she makes no preparation whatever, although she is about to take part in the most important work of all—that of making and influencing future generations. Ignorance of the laws of health, as of the laws of the land, is not excusable.

To learn to care for the body is well worth one's while as, to know how to keep well means a saving of both suffering and expense. A mother, who understands the rules for supplying what the body demands, can raise a family

into healthy men and women without a single doctor bill.

To learn how to keep well, the warnings or calls of Nature must be understood. All feelings of discomfort mean that Nature is trying to tell you something. Her communications are too often misunderstood and instead of supplying the natural remedy called for, some drug for relief is substituted. A headache tablet is taken when Nature is calling loudly for water. Those who drink plenty of water never have headache. Headaches mean that the body is rebelling against neglect. Headache tablets, besides being a poor substitute for water, do the nerves great injury. Women would be so much better off today had "drugs for relief" never been known.

A healthy person is one who is well balanced in both mind and body. When people learn how to keep well there will be less crime and vice, as both are caused by unbalanced conditions. Health gives control of all passions. Vice and crime are caused by lack of control. I do not

Health Means a Well Balanced Body.

believe that a healthy woman could be found among those who live lives of shame.

No set rule for health can be given as each person must learn to understand his own body. The amount of water and rest a body needs varies in different individuals according to the occupation and the amount of waste in the tissues. More repair material is needed some days than on others and we must learn to recognize and heed Nature's call for supplies. This knowledge can be obtained by all.

All can have health. If suffering from some chronic disease, it may be necessary to take a treatment to aid Nature, by applying a healing remedy and massage; but whether or not it is necessary to take a treatment, the body must have what it requires to carry on its work of repair. Treatments can not take the place of food, water, and rest, but may aid them in their work.

Health is within the reach of all. It requires no extra expense, time or education. All that is necessary is a general idea of the mechanism of the body and its needs.

We Are Wonderfully Made.

We are wonderfully made. Each organ has its own work to do. The heart is the pump which sends the blood to all parts of the body. The stomach separates the nutritive part of the food eaten and, by assimilation, it prepares it for the nourishment of the worn out muscle, nerve, bone and other tissues. The kidneys, bowels, skin and lungs throw off the waste and impurities. The brain and nerves form a wonderful system of communication between the organs and different parts of the body. They are like a great telegraph system, sending and receiving messages.

While the different organs seem to work independently, yet there is a sympathy existing between them and all are kept in activity and repair by the circulation of the blood. Anything interfering with the consistency of the blood or its circulation, affects every organ of the body.

CHAPTER II

The Blood, the Life-giving Fluid.

The blood is the life-giving fluid of the body. All the organs of the body depend upon it. It keeps them in action and supplies the tissues with the nourishment, oxygen and water they require. When the circulation stops, all organs stop. If the circulation be interfered with or the blood becomes impure, every organ in the body is affected more or less. It is because of this relation between the blood and the different organs that, in preventing as well as curing disease, the principal attention must be given to the circulation and purity of the blood.

Because the blood is of such importance to the body, it is necessary for one to have some knowledge of its consistency and function in order to give the body the right care, as there can be no disease so long as the blood is pure and there is a good circulation.

The blood, in health, contains 90 per cent water and 10 per cent solids. The solids con-

sist mainly of red and white corpuscles. The red corpuscles are little messengers that carry nourishment to the worn out tissues. They also carry oxygen which gives heat to the body and aids in extracting the waste from broken down tissues.

The mission of the white corpuscles, known as phagocytes, is to destroy the deadly germs and impurities which are a menace to life and health. They are scavengers which clear the blood of disease germs. A battle is constantly going on within us between these little life preservers and the impurities and poisons from the waste products. The dumping places of these corpuscles are the lungs, kidneys and skin. To aid the phagocytes in their journey to these dumping places, the right proportion of water must be maintained.

The organs through which the blood passes in its mission to the different parts of the body, are the heart, arteries, capillaries and veins.

The heart is the pump which sends the blood coursing through its vessels, the arteries, capillaries and veins. It is pear-shaped and situ-

Organs of the Circulation.

ated behind the sternum or breast-bone. It is tipped a little to the left so that the apex is situated between the fifth and sixth ribs. It is because of this, that many suppose the heart is on the left side.

It is a hollow organ and contains four chambers, two on each side. The two sides, right and left, have no communication after birth.

The left side of the heart sends, what in health, is pure blood to the different parts of the body. Each beat drives the blood into the arteries, which divide and subdivide, beginning with large vessels and ending with very small ones. When the blood vessels become so small they are hair-like, they are called capillaries, the walls of which are very thin and permit the passage of nourishment, oxygen and water from the blood into the tissues, and of the impurities and waste matters from the tissues into the blood. This process is called osmosis and it changes the color of the blood from a bright red to a dark blue.

After receiving the impurities, the blood passes from the capillaries into the veins, which

How to Keep the Blood Pure.

carry it to the right side of the heart, which, in turn, send it to the lungs for its oxygen supply.

To keep the blood and circulation in good condition, the body must have the right kind of food, plenty of water and a sufficient amount of exercise.

The little messengers, the red corpuscles, must be provided with the kind of food called for by the appetite which is the monitor of the hungry tissues. There are twelve different kinds of tissue in the body and each requires the material contained in a certain food. The appetite sends in a call for the nourishment required, and, unless that particular kind is given, the tissues cannot be rebuilt, for they will not accept a substitute.

Since, in health, 90 per cent of the blood is water, which is constantly given off to the different parts of the body, there must be a daily supply of water to maintain the right specific gravity. If the daily supply does not equal the amount given off, the blood becomes thicker and its specific gravity is increased. If this lack of supply continues, disease will surely re-

The Repair of the Tissues.

sult. There must be the right proportion of water to the solids, not only for the purpose of supplying the worn out tissues with the water they require, but also to enable the red and white corpuscles to pass quickly and smoothly through the blood vessels. This is the reason that water is the chief requisite to health.

The circulation and the exchange through the capillary walls of nutriment and waste matters are aided by work and exercise. Work and exercise makes one hungry and thirsty because there is an increased demand by the tissues for both food and water and they send in a special call for supplies. Exercise increases the heart beats and the action of muscles increases the waste and takes up a greater amount of water. To keep the body supple and in good working order, one must drink plenty of water, for water is to the body what oil is to a machine.

Drinking plenty of water and eating the good, wholesome food called for, and taking a reasonable amount of exercise alternating with the rest the tissues need for the rebuilding pro-

Water Necessary for Pure Blood.

cess, will keep the blood pure and the circulation good. We have a wonderful body and it will give us good service if we treat it right by doing all we can to help our servants, the organs, to do their work well. Most of the water we drink passes into the blood, dilutes it and hastens the removal of the impurities and waste matters which are thrown off the body through the lungs, skin and kidneys. If the removal of these impurities is not aided by water some of them remain in the blood and make the circuit of the body again and again, and the tissues cannot build up on impure blood.

To keep the blood in good condition is one of the essentials in the care of the body. Pure blood means healthy blood cells, good circulation, and the right proportion of water and solids.

CHAPTER III.

The Organs of Elimination.

As the impurities and waste products are carried out of the body by the lungs, skin and kidneys those organs should be kept in good condition to aid in this elimination. Upon its return to the right side of the heart, the venous blood, loaded with impurities and waste products, is sent to the lungs to be purified. The principal impurity is carbon dioxide gas, which has been given off by the worn out tissues, and the exchange of this gas for oxygen is the process of purification which takes place in the lungs.

The lungs are composed of millions of air cells which are connected with the wind pipe by the bronchial tubes. In the walls of these cells is spread a network of capillary blood vessels.

When the impure blood, loaded with carbon dioxide gas, is brought to the lungs, this impure gas passes out of the blood into the

Purification of the Blood.

cells at the same time the oxygen passes from the air cells into the blood. This is the process of purifying the blood and it changes the color from a dark blue to a bright red. The carbon dioxide gas passes out through the wind pipe, and it is the exhalation of this impure gas which soon makes the air of a closed room unfit to breathe. This is the reason our rooms, and especially our bed-rooms should be well ventilated. Health cannot be retained by breathing impure air. Carbon dioxide gas is poisonous and one would soon die in a closed room after he had exhausted the oxygen.

Health depends upon the perfection with which the change of gases is made in the lungs. Deep breathing is one of the requisites of health, for, unless all the air cells are used, some will collapse and become useless. All the cells are necessary in the process of purification, and if there are cells not in use, some of the blood returns to the heart not purified.

The kidneys, too, perform an important part in the purification of the blood. They receive and eliminate from the system much of the waste

Function of Skin.

matter which the blood has taken up from the broken down tissues. Drinking plenty of water is an important factor in maintaining healthy kidneys as it aids in the passage of the waste matter through them, by dissolving irritating solids. The cause of diseased kidneys is lack of water in the system.

The skin must also receive its portion of care for through it the perspiration aids in this process of purification. Waste matter and impurities retained in the body are soon manifested by the skin, which is a tell-tale of what is going on in the different parts of the body. It gives important indications of the bodily condition and not only does it indicate the condition of different parts of the body, but also of the mind. The blush of modesty and pallor of pain or fright are as easily interpreted as the sallowness of retained excretions, the cachexia of tuberculosis and cancer or the blueness of a chill.

The freer the perspiration, the better will be the elimination of impurities through the skin. The activity of the glands can be greatly in-

How to Have a Good Complexion.

creased by drinking plenty of water, and bathing will keep the openings of the glands from becoming clogged.

The frequency of bathing depends upon the occupation and the demands of the body. No system of bathing is necessary as cleanliness is the only object to be considered. The time, frequency, temperature and manner of bathing should be decided by the individual himself and he is to be guided by what makes him feel most comfortable. In cases of poor circulation rubbing the body with a dry salted towel will be found more beneficial than the use of either hot or cold water.

The complexion, more than anything else, shows abuse of the body and especially in regard to the supply of water. A glance at the faces of those about us tells us the story of abuse or care. No woman can retain a good complexion and deny her body the water it requires. Without health, cold creams and facial preparations can not give one a good complexion.

You see, then, that unless the organs of elim-

ination are given the right care, impurities are retained in the system which will interfere with the work of other organs engaged in the building and repair processes. The care of these organs (the lungs, kidneys and skin) is very important in the business of keeping well, and this care consists of deep breathing, drinking plenty of water and taking the right amount of rest.

CHAPTER IV.

The Stomach.

As before stated, there is a process of waste and repair constantly going on in our bodies, and for health, the repair must equal the waste. The organ that furnishes most of the material for replacing the waste is the stomach. By the assimilation of the nutritive portion of the food eaten, it prepares the nourishment which is carried by the blood to the different worn out tissues. For good service, the stomach must be provided with food called for by the appetite; it must be cleaned out before each meal, and it must be given intervals of rest.

It is a small organ situated in the upper part of the abdominal cavity, the greater part being in the left side back of the lower ribs. Glands situated within the walls of the stomach, secrete the digestive fluids necessary to the process of assimilation. These glands are active only while digestion is in progress.

The waste and nutritive materials are sep-

The Function of the Stomach.

arated by the stomach in its preparation of the food for digestion. The waste passes into the bowels and the digestible portion of the food remains in the stomach to be acted upon by the gastric juice which transforms it so that it can be absorbed by the blood.

This transformation can only be perfect if the stomach is given the right kind of food and the amount of water and rest it needs. No organ is so much abused as the stomach, and this is the reason so many are suffering from derangements of this organ.

They fail to eat what their systems call for. The stomach must be supplied with the right kind of food. What constitutes the right kind of food is for the appetite to decide. Nature knows best and it is not for us to dictate. The variety of tissues in the body requires different foods according to the particular nourishment each one needs. A certain set of broken down tissues may require the nourishment contained in meat. The appetite then calls for meat and, unless the stomach gets the food called for, those tissues remain in their improverished condi-

tion and disease will result. Other tissues may send in a call for the nourishment contained in a certain vegetable. For health, all tissues must be provided with what they require. The stomach does not so readily digest food that is thrust upon it as it does the food demanded by the appetite. Using judgment as to the quantity, it is a safe rule to give the stomach whatever the appetite demands.

Many suffer from stomach trouble because they do not drink enough water. They allow their stomachs to get in a filthy condition for want of daily cleansing. Bad breath, and a bad taste in the mouth are indications of ill kept stomachs.

Better than a stomach pump for this purpose, is the drinking of hot water. Hot water is better than cold as it warms the stomach and increases its activity. A pint of hot water should be taken before each meal to cleanse the stomach of all possible remains of a previous meal.

Rest periods are required by all parts of the body, but are too often denied to the stomach.

This is one of the principal reasons for the prevalence of stomach diseases.

The stomach is over worked by eating too often and too much. Most people eat too much. "We should eat to live and not live to eat."

As to the frequency of eating, each one must decide for himself, which he can, after he has learned to study the needs of his body. The number of meals in twenty-four hours depends upon the occupation. No one should eat oftener than three times a day and for many, two meals a day are sufficient.

There are people who eat so frequently that their stomachs have no intervals for rest and Nature is given no opportunity to send in calls for the kinds of food the broken down tissues require. Such people never have a special desire for food but eat from force of habit. They are never hungry.

As to the amount of food required, common sense reasoning should be used in the study of the needs of the body rather than being guided by set rules. There is a general rule for our

The Psychology of Digestion.

guidance but each must make his own application of that rule to his individual case.

The mind, too, has a direct effect upon the digestion. The stomach can do its work better and easier with pleasant surroundings and when the mind is in a state of cheerfulness. No matter how hungry one may be, grief, anger or sudden news of a distressing nature will take away all desire for food.

Years ago, a man named Beaumont was wounded in the stomach and, when the wound healed, an opening was left through which physicians were enabled to make some valuable experiments by watching the process of digestion under different conditions. A telegram announcing disaster, left the food undigested for hours. The mental condition caused the follicles of the glands to collapse and become feverish and no gastric juice was secreted while this condition lasted.

Between the periods of digestion, the glands are inactive and it was formerly supposed the chewing of food was what would start them into action. However, experiments on dogs, where

Eat What You Like Because You Like It.

the process of digestion was watched through openings into the stomach, have shown that the mind has much to do with the activity of the glands. It was observed that when the animal was offered a tempting article of food, the glands became very active. A piece of meat held before the dog would cause a free flow of gastric juice even when the meat was not given it. This proves that the anticipation of the food has much to do with the flow of the digestive fluids. The freer the flow of the digestive fluids, the better the digestion. Therefore, people should eat what they like for the reason that they like it and not because some one said it was good for them.

There is a psychological side to digestion. Another way the mind can interfere with digestion is for one to allow his thoughts to dwell upon his stomach during the process. Watching one's feelings for irregularities after eating certain foods, has deleterious effects, as it tends to interfere with the involuntary action of digestion. Eat and forget about it for, even if there should be discomfort after eating, it is

Harmful Drugs.

caused by the condition of the stomach and not by the food.

Irritating medicines also have a prominent place among the causes of chronic derangements of the digestion. The less medicine taken into the stomach the better. Physic, tonics and all preparations to "aid digestion" leave the stomach in a worse condition. A healing remedy and massage are necessary to cure diseases, but only natural remedies are needed to prevent them.

The way, then, to keep the stomach in good working order is to give it the right kind of food, plenty of rest and water, the right mental influence, and avoid all medicines for relief. Or, in other words, good common sense combined with natural remedies will keep the stomach in health.

CHAPTER V.

The Bowels.

The bowels are the largest outlet of waste. They may be termed the sewer of the body. While, to a certain extent, they aid in the process of digestion yet, their principal function is to carry off the indigestible portions of the food. They consist of the large and small intestines, the combined length of which is about twenty feet.

The nutritive material of the food, not being all digested in the stomach, is acted upon by certain secretions in the small intestines which finish the process. When wholly digested, this nutritive material, called chyle, is taken up by vessels which convey it to the heart to be distributed to the different tissues requiring nourishment. The part of the food which cannot be digested is carried off by the large intestines.

The intestines are coiled in the abdomen and are in constant motion which gives them the ap-

Medicine Can Not Take the Place of Water.

pearance of a mass of wriggling worms. This is the peristaltic motion which causes the movements of the bowels. That the bowels should move regularly is one of the essentials of health. If kept in a good condition they will move two and three times daily.

They are in good condition if the contents are sufficiently moist to enable them to move freely. But if the contents are allowed to become dry and hard, the muscles which produce the peristaltic motion, meet with too much resistance and the movements become difficult. Then, in order to have free movements of the bowels, their contents must be kept moist and this can only be done by the presence of plenty of water in the system.

Lack of water in the body is the only cause of constipation and the cure is to supply it. Is it reasonable to take a physic when the dryness of the bowels indicates Nature's call for water? Physic may give temporary relief but never cures. It does harm by irritating both stomach and bowels. Medicine cannot take the place of water.

Clogged Bowels Cause Disease.

All purgative drugs, whether laxative or cathartic, move the bowels by irritation of the nerves which stimulates the peristaltic motion. Drugs are dissolved in the stomach by the gastric juice and go through the same process as food eaten. They pass into the small intestines and are absorbed into the circulation where their stimulation of the nerves produces the abnormal action.

Clogged bowels is the cause of many diseases. Some physicians even maintain that it is the cause of all diseases.

The intestines are the main drain of the human body and, if it is necessary, for sanitary reasons, to keep the house drains clean, how vitally important it is to keep the main outlet of the human system free from obstructions. An impacted colon is a hotbed for the breeding of disease germs.

Dissections and autopsies have revealed that the majority of people have impacted bowels. To be free from constipation, the bowels must move two or three times a day. One may have daily movements and still be constipated. The

Nature Should Be Aided, Not Forced.

twenty feet of intestines can contain large quantities of faecal matter and, if denied the supply of water needed to enable free movement along the intestinal tract, they can easily become impacted. Especially is this true of the colon, the walls of which, are sacculated, or sac like. The majority of people have impacted colons.

Out of 284 cases, where death was produced from different causes and not directly from intestinal trouble, but 28 colons were found to be free from hardened, adhered matter and in their normal state. In 256 cases the colons were found impacted with a hard, woody matter which was evidently of long standing, the result of years' accumulation. In many cases the colon was distended to double its natural size, and throughout its entire length was a hole in the center of the impaction, through which passed the evacuations of the bowels. There can be no impaction if the body is supplied with the water it demands.

Nature must be aided, not forced. In the care of the bowels water aids Nature but drugs force her. The moisture necessary for free

Cause of Appendicitis.

movements of the bowels can only be supplied by drinking plenty of water. Injections of water may cleanse the lower bowel but do not reach the small intestines. It is only by drinking the water that the whole intestinal tract can be supplied.

The right care of the bowels would entirely eradicate certain diseases such as, appendicitis, typhoid fever, colitis, and chronic diarrhoea. They would be unheard of if every one drank the water his system required. Appendicitis is principally caused by constipation and can be prevented and even cured by water. It never needs to be operated upon except in acute attacks where there are pus formations. And there would be no acute attacks if the bowels were given the proper care.

The reason that inflammation develops so readily in the region of the vermiform appendix is because of its location at the junction of the large and small intestines in the right side of the lower abdomen. The large intestine, or ascending colon, passes along the right side to the upper part of the abdomen, across to the left

Water Necessary for Healthy Bowels.

side and then downward, terminating in the rectum.

The contents of the bowels move with more difficulty along the ascending colon than in any other part of the intestines because they have to move contrary to gravity. But if the contents be dry and hard the movements will be increasingly difficult. Consequently, the impaction is greater in the ascending colon, and after a time the hardened matter sets up an inflammation in the walls and, there being more pressure in the lower part of the colon at the point of the appendix, that is where the inflammation is greatest. This inflammation causes so much suffering and expense which might be avoided by supplying the body with the amount of water it requires. Water is Nature's principal requirement for keeping the bowels clear of all obstructions. The right care of the bowels will aid Nature in her building processes because there is no decayed matter left in the bowels to be absorbed by the blood.

Both in preventing and curing disease, it is Nature that does the work and it is our business

to aid her. No one would say that a farmer makes the corn grow. He does all that the science of agriculture tells him is needful to furnish proper conditions for growth but there, he must stop. The rest must be left to Nature.

The way to keep well is to co-operate with Nature by violating none of her laws. In other words, by seeing that Nature is provided with the materials she needs. For the rest, Nature, the marvelous builder, will in her own mysterious way build up fresh tissues and slowly but surely repair worn out tissues.

CHAPTER VI.

Eat What Is Set Before You, Asking No Questions For Conscience Sake.

Dieting is one of the principal causes of ill health because, instead of accepting the guidance of Nature's demands through the appetite, a set rule or prescribed diet is followed. Nature can be aided but not improved upon. She knows best what the body demands. A natural appetite can be depended upon. It lets us know the requirements of the tissues and can be relied upon more than health food advertisements.

Hunger is a messenger from worn out tissues demanding the food which contains the nutrition particularly required by them. Those tissues will not be satisfied with substitutes. Only the kind of food demanded will suffice. If another kind is given them, they will remain in a broken down condition and disease result.

The kinds of food called for are peculiar to the different conditions of life; as age, occu-

Heed Nature's Call for Supplies.

pation, the nature of exercises engaged in and the presence of disease.

Day laborers require meat and the so-called strong foods and three meals a day, while others whose work does not require so much muscular effort, have appetites for lighter food and two meals a day is sufficient.

Dieting should have reference only to frequency and quantity never as to the kind of food. The appetite will guide one as to what to eat, the judgment will guide as to the frequency and amount of food.

Children crave candy and sugar because their growing bodies demand them. They can eat oftener than three meals a day. They should be allowed something whenever their appetites call, using judgment as to the quantity. An apple or piece of bread and butter will usually satisfy. Their hard playing and their growing tissues demand food often.

Convalescents from diseases that have greatly reduced them, often require sweets and four or five meals a day.

The foods demanded by the appetite and not

substitutes should be given the body. Nature is the best guide. Substitutes for food demanded, not only cause disease by failing to give the broken down tissues the nutritive material required, but they cause disease of the stomach itself. The anticipation of the food desired induces a free flow of digestive fluids and consequently the digestion is good. But food not desired will, at the best, produce but a sluggish flow of gastric juice and a perfect digestion cannot result. Unless the glands act freely, the food will not be thoroughly acted upon. This is the reason that one of the most important rules for health is "to eat what you like because you like it and not because some one says it is good for you."

No matter what the condition of the stomach may be, one should eat a little of whatever the system calls for. It is the condition of the stomach that causes the distress after eating and not the food. It is supposed by many that when they are distressed after eating, it is the food that is the cause of their distress and they drop from their diet one article of food after

The Condition, Not the Food, Causes Distress.

another and substitute others. They begin to diet and the more they diet the more they may. The condition and not the food should receive their attention.

That it is the condition and not the food that causes the trouble, can be proven by the fact that one may have pain or discomfort after eating a certain article of food one day, but may eat the same the next day and suffer no discomfort. The stomach's condition is not the same both days. This shows that it is the condition of the stomach that causes the distress and not the food.

A physician of thirty years practice, who had been a great sufferer from dyspepsia, told me how he had learned from his own experience that the body should have the food called for regardless of the condition of the stomach.

For years, everything he ate seemed to cause pain and discomfort. He consulted his books and brothers of his profession and "to diet" was the principal advice given him. He discarded from his meals one article of food after another until graham bread and water was the

extent of his daily food supply. But with all his dieting he grew worse instead of better. During this time, his appetite called for the kind of food that he had been taught was particularly injurious to one in his condition. He craved meat, potatoes, vegetables, and particularly hot biscuit.

He became desperate, one day, and said to his wife that he knew he could not live long but while he lived he should have what he wanted to eat and bade her cook for him as she would for a day laborer and especially to bake hot biscuit three times a day. She did this and he began to enjoy his meals. Instead of growing worse, as he fully expected, he found himself improving and, in time, he recovered his health entirely.

No treatment, no matter how good, can cure while the body is deprived of the food called for by the broken down tissues. In disease, as well as in health, the tissues should receive what they need of nutritive material.

This can be illustrated by a case that came under my observation of a young German wo-

Dieting Starves the Tissues.

man who suffered from chronic diarrhoea since seven years of age. She had treated with physicians in Germany and America who, in every instance, advised her to diet. She was then taking but very little nourishing food and her "trouble" was worse than ever.

She finally consulted a physician who had learned to mix brains with his theories. This physician informed her that she must stop dieting and would have to eat a little of every kind of food she liked. She was astonished at such advice and exclaimed, "Not fruit?" The physician answered, "Yes, fruit and anything else you like." Her doubts of the outcome were many but, not knowing what else to do, she took his treatment. In two months' time, with the aid of a healing remedy and massage, she had fully recovered and, three years later, she told me there had been no return of her disease.

An instance that occurred in my own practice would also give evidence of the truth of the statement that the tissues must be fed in disease as well as in health.

A little boy's case was exciting much interest

in the town and vicinity. He had been taken with convulsions and, after being attended by several physicians for some weeks, his case was pronounced hopeless.

Being called to attend the mother, I improved the opportunity to make observations. While there I took supper with them. The father held the little lad upon his lap at the table and, although the poor little fellow cried bitterly for some fried potatoes and meat, he was given nothing but some water that had been poured over toast. He was being starved.

After supper, the father and mother consulted me concerning his case. I informed them that with my treatment he would have to be fed good, nourishing food. Both protested against that, as it was so contrary to former treatments. The father stated that one of the physicians had said the child would die if given anything to eat. I asked if the doctors had not said he would die anyway and the father said they had. I then asked him if he would not rather give his boy what he wanted than to allow him to die begging for something to eat.

Experience the Best Teacher.

They put the case in my hands and I ordered baked potatoes, milk and fruit to be given him, sparingly at first. With the aid of vermifuge, the child got well. It was not disease that was killing him, it was lack of food.

All kinds of business and all professions require the exercise of good, common sense to make them a success. The knowledge obtained from books lays the necessary foundation for a business or a profession but it must be combined with common sense to make that business or profession a success. There is none that requires the exercise of so much common sense as the medical profession.

Years ago, it was considered good treatment to deny fever patients the water they called for, and many died begging for water. Now, fever patients are given water freely and deaths are the exception where they used to be the rule.

Typhoid convalescents, in the past, were not given the food they called for but were given a prescribed diet. Many suffered more from the hunger than from the disease. Now, many physicians give their convalescents whatever

Theory Is Different from Practice.

their appetites call for, using judgment as to the quantity.

Theory is different from practice. Experience too often explodes our choicest theories and we are forced to rearrange our ideas of things entirely. But experience is the best teacher and especially is this true in the study and practice of medicine. Physicians generally find that the knowledge obtained from books is of small value without practical knowledge obtained from experience.

A young physician started out in practice, and realizing the value of practical knowledge, provided himself with a note book in which to jot down new ideas he would glean from his experience. His first typhoid fever case was a German who, during convalescence pleaded for sauer kraut. But the young doctor, adhering strictly to the teachings of his medical works, emphatically refused his patient kraut and would allow him nothing but the prescribed milk, eggs and rice.

One day the patient prevailed upon a member of his family to bring him some kraut which

he ate with great relish. When the physician made his next visit, he found such a decided improvement that he expressed his wonder and questioned his patient, who finally said, "I'll tell you, Doctor, I disobeyed and ate some sauer kraut." Feeling that he had learned something that would prove of value to him in his future practice, the physician wrote in his note book, "Sauer kraut is good for typhoid fever convalescents."

His next typhoid fever convalescent happened to be a negro who craved butter-milk. The doctor refused to let him have butter-milk but said he might have all the sauer kraut he wanted. The patient did not care for the kraut, but, being tired of eggs, milk and rice, for the sake of a change, ate some sauer kraut which caused his death. Upon finding his patient dead, the physician made a second memorandum which read, "In convalescence of typhoid fever patients, sauer kraut is good for the Germans but death on the Negroes." A little common sense reasoning would have brought him to the conclusion that convales-

Keep Mind Away from Digestion.

cents should have a little of whatever food they crave.

Dieting, not only causes disease by starving the tissues, but thinking about digestion interferes with the involuntary action and a deranged stomach is the result. It is said that by beginning a series of introspective observations to note the behavior of his stomach with reference to food, a healthy person will become a dyspeptic within two weeks' time. As thinking of the heart can change its beat, so can thinking of the stomach interfere with digestion. One of Dr. Abernathy's wise sayings was, "When a man begins seriously to dissect himself, he will soon be a fit subject for the undertaker."

America has been called "a nation of dyspeptics." This is because the people's minds are centered too much upon their stomachs. Health food advertisements call their attention to their digestion and they are led to note just what "agrees" with them. Looking for derangements soon finds them. "Diet" is the principal subject of conversation at social

gatherings and even at meal time. Children are taught from infancy the effects of certain foods. In many instances they are dyspeptics by the time they are five because they have not been allowed to have a natural digestion.

The question has been asked why animals are more healthy than the human race. It is because they eat what they like and cannot think about their digestion. The same is true of idiots and insane people. They have better stomachs as a rule because of their lack of intelligence. They do not know enough to diet, hence their stomachs follow their natural trend, which is toward health.

Dieting is a fad, as was the germ theory a few years ago, which people will cease to follow when they learn to think for themselves. The theories of diet advanced have caused many to become dyspeptics by directing their attention to the process of digestion. A natural appetite is ignored until there are people who never eat what they like but only what someone said was good for them. It is said that

nine-tenths of all diseases of the digestive organs are due to suggestions on diet.

To go without eating or to be confined to certain articles of food, will cause a wasting away of the tissues of the stomach because it is not given enough to do to keep it up to its maximum power. It is a law of Nature that an organ will atrophy if not given the normal amount of exercise. It is the use of an organ that gives it strength. "There is no such thing in civilized countries as an indigestible article of human diet, provided the proper mental conditions are maintained. Conversely, there is no article of food but can be rendered indigestible by the induction of adverse mental suggestions."

One article of food after another has been condemned. The first article attacked was pie, which was claimed to be the real source of all stomach derangements. Many people adopted this theory, not taking into consideration the fact that pie had been eaten for hundreds of years by all classes of people without anyone discovering that it was not wholesome. Pie is

Crusades Against Food.

made of the following materials: flour, water, lard or butter or both, sugar and fruit, and sometimes eggs and milk, none of which are unwholesome.

Similar crusades have been made against every healthful and nutritious article of food and drink. The attack on coffee has made hundreds think it is most injurious in spite of the fact that it is the principal drink of some of the nations noted for their health and vigor.

There are many who have been made to believe that meat is the cause of many ills and that it tends to brutalize humanity and incite nations to war. Potatoes, we are told, contain too much starch and should be tabooed, although they are the principal food of Ireland whose natives are not reputed to be dyspeptics. One authority says we do not eat salt enough, another, that we eat too much. Some claim that we should not drink during meals and others, that we should.

Every article of food has been attacked. Not even bread has escaped. First, it was said

that we should eat only whole-wheat, graham or bran bread; and later, to eat no bread at all, but were advised to eat nuts instead.

It is no wonder that this is called a "nation of dyspeptics." The best rule is to maintain a natural digestion by giving the body what it calls for. "Eat what is set before you, asking no questions for conscience sake." A little reason and common sense is a great aid to health. By keeping your mind off your stomach during the process of digestion you will soon forget that you have a stomach. Someone has said that if the current dietetic suggestions could reach the mind of an ostrich, he would soon be unable to digest a boiled potato.

The quantity of food should be considered. One can easily acquire the habit of eating too often and too much. "Eat to live and not live to eat." Each one can be his own judge as to the amount required. To keep the stomach in health, eat what the appetite calls for. Eat what you like and because you like it and never because you think it is good for you. Keep

Eat and Forget It.

your mind off the process of digestion. Eat and forget it.

CHAPTER VII.

Water Drinking Essential to Health.

Water is one of the most important agencies for the preservation of health, and the lack of it in the system is the principal cause of chronic diseases. While all can see the importance of food to the body, but few realize what an indispensable necessity water is to the physical mechanism. It comprises the principal part of the body's composition. Seventy per cent is water. It performs an important part in the conveyance of the nourishing particles of food to the broken down tissues and is the main factor in maintaining the activity of the different organs. It keeps the muscles and joints free and supple. It is to the body what oil is to a machine.

Water permeates every cell and fiber in the body. One of the requisites of health is to be clean internally as well as externally and this can be done by the daily replacing of fresh

Acquire a Natural Thirst.

water for that which is thrown off by the lungs, skin, kidneys and bowels.

This can be replaced only by drinking plenty of water and each one, through studying his own body, must learn just how much water it is necessary to drink each day to meet its demands. No set rule can be followed because, on some days a person needs more water than on other days. The amount required depending upon the character of food eaten, the amount of work and exercise engaged in and the changes of temperature.

The indications of the lack of the required amount of water in the system are, bad breath, bad taste in the mouth, offensive perspiration and constipation.

Some have asked why they cannot depend upon their thirst for the water their bodies need. The answer is, because they do not have a natural thirst. But few people have a natural thirst for the amount of water they require. There are some who go days without drinking any water, and many others, who do not drink more than two or three glasses full in twenty-

four hours. Should they depend upon their thirst, their bodies would suffer for it is plainly evident that a body needs more than two or three glasses of water a day to keep it in good working order.

A healthy child, two or three years of age, who has a natural thirst, will ask for a drink frequently throughout the day, taking several times as much water as its mother, although naturally she would need several times as much water as the child.

Women especially, neglect their bodies in this respect, and but few have a natural thirst. They have repeatedly disregarded the demands of their bodies for water until Nature, becoming discouraged, has almost or entirely ceased to send in her calls.

In order to retain a natural thirst, one must respond immediately to Nature's call. A woman, busy about her work, may suddenly feel a desire for water, but instead of getting a drink, she waits until her task is finished, when it is too late—she no longer feels the need of water. Nature has withdrawn her call.

Nature's Remedy.

Without a natural thirst to rely upon, judgment must be used in giving the body the water it needs. The minimum amount of water the body requires can be ascertained by drinking what will dispel an offensive breath and perspiration, a bad taste in the mouth, and will produce free movements of the bowels two or three times a day.

When it is discovered how much water the body requires each day (say six pints), never less than that amount should be taken in twenty-four hours and some days more may be needed. To do her best work, Nature must receive her supplies of material at regular intervals. If, for a single day, less than the amount of water required by the body is given, Nature will send a reminder of the neglect in the form of a headache, or a neuralgic pain, or a rheumatic twinge, or perhaps a constipated condition.

Because the blood is constantly giving off its supply to the organs and tissues, it must have a fresh supply every day. For health, the blood must consist of 90 per cent water. This

Water Necessary to Circulation.

gives it the right specific gravity which enables it to circulate freely through its vessels. If it does not receive enough water to replace what it has given off, the blood becomes thicker and its movements sluggish. Not only does this interfere with the circulation but the tissues suffer in not promptly receiving their building materials. A good circulation is impossible where the body fails to receive sufficient water to give the blood the right specific gravity. Its flow can be free only when there is the required 90 per cent of water.

The health of the kidneys depends more upon the adequate supply of water to the body than upon anything else. Through them pass off the waste matter from worn out tissues and water not only aids in this passage but also dissolves any solid particles which might cause an irritation. It is the lack of water and the passage of irritating solids that is the whole cause of diseases of the kidneys.

While water is the principal agent in the prevention of kidney diseases, it is also the chief remedy to be used in their cure. When dis-

Water Prevents Disease.

eases are caused by the lack of water, the cure must necessarily be to supply that deficiency. It is because medicine cannot take the place of water that diseases of the kidneys cannot be cured by drugs.

Free movements of the bowels are the foundation of health. Any waste remaining in the bowels that should have been discharged will decompose and the poison will be taken into the blood. If the body has not a sufficient supply of fresh water, the poisonous, impure moisture from undischarged faeces is absorbed by the blood through the villi situated in the walls of the intestines. Consequently, the blood becomes impure and disease in some organ will result. Some physicians claim that the whole cause of disease is the impurities taken up by the blood from poisonous faecal matter. Thus you see, it is imperative that there should be a free discharge of waste from the bowels each day.

It is only through copious water drinking that free natural movements of the bowels can be maintained. Physic moves the bowels

Physic Never Necessary.

neither freely nor naturally. Be your own physician in the care of the bowels; use no drugs; let water be your remedy.

The stomach, too, requires water to keep it in good working order. It is not enough to give it the nourishment the body calls for but it must be washed out each day to prepare it for its work of digestion. The internal bath is as necessary to the stomach as it is to the bowels.

A bad breath is an indication of the presence of decayed food, the remains of previous meals. A cleaning of the stomach before each meal would relieve it of any undigested food and prevent the possibility of decomposition. The best method for cleansing the stomach is the drinking of one or two pints of water before each meal. This is most important in the maintenance of a healthy stomach, because prevention is better than cure.

The necessity of cleansing the stomach in diseased conditions has long been realized and the services of the stomach pump employed for this purpose, but the importance of its daily

Hot Water for Cleansing Stomach.

cleansing as a means of preventing disease has not been so universally recognized. This cleansing process involves no expense and so little time that the busiest person need not neglect it.

The manner of drinking the water for cleansing the stomach must be taken into account. It must be drank right down because it requires a full pint of water to accomplish the flushing. If sipped, part or all of the water might be absorbed by the mucous membrane before reaching the stomach.

The temperature of the water is another important consideration. In most cases hot water is best for two reasons: First, because in the majority of cases there is a catarrhal condition; and second, the heat imparted to the stomach will increase its activity.

The catarrh of the stomach is produced by irritating medicines and lack of food and water. In catarrh of the stomach a mucus forms just as in catarrh of the head. This mucus accumulating in the stomach interferes with the action of the digestive fluids. Drinking one or

Keep Body Clean Inside.

two pints of water before eating flushes the stomach and frees it entirely from this mucus.

Hot water increases the stomach's activity and thus aids digestion, but cold water interferes with the digestive process because it chills and retards its action.

The stomach should be washed out before each meal but especially is this necessary before breakfast. During the night mucus accumulates and undigested food becomes stale. Before fresh food can be well digested, this mucus and stale food must be washed out. This can be done by taking a pint of hot water each morning upon rising, and another just before breakfast. To make this a daily practice means mental as well as physical benefit. It makes one feel so clean inside that it increases self confidence and, consequently a new view point of life is developed.

Never less than six pints of water should be taken every twenty-four hours and many require ten or twelve pints. If the system is provided with sufficient water between meals, none will be required while eating. But if the sys-

Disinfectants Unnecessary.

tem send in a call for water at meal time, it should be heeded. To have health, Nature's demands must not be neglected.

By the daily supply of the amount of water required by the body to keep the blood, kidneys, bowels and stomach in good order, many diseases would be avoided.

If the blood receives enough fresh water each day to maintain its specific gravity it cannot become impure. Thus contagious diseases would be avoided as it is generally conceded that susceptibility to infection is due to impure blood. Plenty of water for the blood would insure a healthy skin. Eczema, boils, carbuncles and other skin diseases would be impossible. When people learn how to supply their bodies with the required amount of water, there will no longer be any necessity for disinfectants because there will be no danger of blood poison. Plenty of water in the blood would aid in the elimination of all poisons entering a wound or injury.

Chronic Bright's disease would become unknown if people would learn to drink the water

Causes of Bright's Disease.

their bodies require. Sufficient quantities of water would dissolve the irritating solids which cause irritation and finally inflammation of the kidneys. One of the causes of chronic Bright's disease given by authorities is habitual intemperance. This is reasonable because intoxicating liquors, while they increase the thirst for strong drink, tend to destroy the natural thirst for water, although the presence of this fire in the blood would naturally increase the requirements for water. Alcoholic beverages, instead of taking the place of water, increase its need, and organs will more quickly become diseased because they not only suffer from the lack of water but also are injured by its unnatural substitute.

The lack of water in the system is the whole cause of constipation and the only cure is to supply it. Where there is no constipation there can be no appendicitis, typhoid fever, colitis or intestinal indigestion. In cases of paralysis, there is always a history of clogged bowels and sluggish circulation, both of which conditions

might have been prevented by copious water drinking.

The need of water in the system is one of the principal causes of rheumatism. The supply of water will not only prevent it, but in many cases affect its cure.

Headaches can be prevented and cured by water. Habitual water drinkers seldom have and never would have headache if they always drank the water their systems require. Headaches are always due to a clogging in the system from a lack of sufficient water. Hot or cold water applications to the back of the neck and forehead, the drinking of plenty of hot water, and a thorough cleaning out of the bowels by a copious hot water injection would relieve as quickly as any headache tablet and with a beneficial instead of deleterious effects as with tablets. Water relieves because it removes the cause. Headache tablets relieve because they deaden the nerves and reduce the heart's action. Every headache tablet taken, leaves the nerves and heart in a worse condition. The injurious effects may not be noticed immed-

Prevention of Disease Better Than Cure.

imately, but will be manifested in time. Many of the sudden deaths from heart failure are due to headache tablets. Their effect upon the system is deadly. To indulge in them is slow suicide.

Water is not only the principal aid to health but it is a very important remedy in the curing of disease. If taken in time, it may be the only remedy required. But no matter how serious the disease or what treatment is given, water should be the principal remedy. If the body is denied the water essential to its vital function, what can a treatment do? Nothing can take the place of water to the physical organism.

Prevention of a disease is always better than its cure. A knowledge and application of the means of prevention render cures unnecessary. There would be no chronic diseases if every one understood and supplied the needs of their bodies.

To keep well, all must know how to prevent disease. Especially should mothers have this knowledge as upon it depends not only their own health but also the health of their children. The

The Requirement of Water in Pregnancy.

origin of many chronic diseases can be traced to infancy.

A baby's life begins nine months before it is born and its health both before and after birth depends largely upon the mother's physical condition and her knowledge of the care of the body.

Pregnancy is physiological and should never be treated as a disease. If the mother supply the amount of water that her own body and that of her baby requires, she will suffer but very little inconvenience from her condition. Health and not disease is natural. Any ill feelings experienced during pregnancy, as at any other time, are due to a failure to supply the needs of the body. A pregnant woman would not suffer from constipation, disturbances of the stomach, and aching of the limbs if she drank the right amount of water for herself and child. If she used common sense hygiene she would not have to consult a physician during pregnancy, and her confinement, while not painless, would be natural and there would not be occasion for instrumental delivery.

The Right of a Child to be Born Well.

Every child has a right to be born well, and this responsibility rests largely with the mother. She owes it to her child to give it the best chance possible by supplying the food, water, rest and protection required.

A woman can have perfect health during pregnancy if she takes the right care of her body. To bring a child into the world is a great responsibility and to give it health is of first importance.

Water is essential to health and especially so during pregnancy. Most prospective mothers fail to drink enough. They should drink more than at any other time because they have to supply water for two instead of one. But few realize how important it is both for themselves and their little ones. Water not only greatly favors the elimination of the products of waste in the system, but it hastens tissue change, encourages assimilation, aids circulation and regulates the body's temperature. It is essential to all vital functions.

The health of the child after birth depends, to a large extent, upon the care the mother has

taken of her body during pregnancy. It is said that three-fourths of all children dying under the age of one month, die because of pre-natal conditions.

After birth babies should be given two or three bottles of water every twenty-four hours, the temperature being near that of the mother's milk. Babies will not take nourishment so frequently if given enough water as they often nurse because they are thirsty. Babies will escape so many ills if given enough water. There will be no trouble during the teething process, no spells of indigestion, no constipation, and no skin eruptions. A mother who understands the different uses of water can raise a family without having to consult the family physician.

Water has curative as well as preventive qualities. There is no better remedy for croup and colds than a cold water compress. The hot water bottle is indispensable for colic and ear-ache. Injections of warm water are better than medicine for convulsions, fevers, bowel and stomach troubles. Cold water applications

Lack of Water, the Cause of Death and Disease.

should be used for burns or any inflamed surface.

Water is also a curative agent for the older ones in the home. Hot fomentations are useful in neuralgia, toothache, pleurisy, rheumatic pains, indigestion and sick headache.

But few realize the importance of water to the system. One will live longer on water alone than if deprived of drink. The water thrown off the body through the lungs, skin, kidneys and bowels makes an aggregate of five pints a day and unless it is replaced, disease will result. No one should drink less than five, and many require as many as ten pints of water every twenty-four hours.

Many suffer needlessly, others become addicted to drug habits, and thousands go to their graves simply because they do not drink enough water.

CHAPTER VIII.

Pay Back to Nature What You Borrow.

Rest is as essential to the welfare of the body as food and water for, while food and water furnish the materials necessary for the repair of the worn out tissues, rest gives the time required for the rebuilding process. It gives Nature time to restore the worn out body to a normal stage.

Living is a constant change of tissue. It is a tearing down and building up process. One is as necessary to health as the other. Without a tearing down there can be no growth. The breaking down of tissues is as much a part of living and is as necessary to a healthy body as growth. It is estimated that every part of the body is rebuilt every seven years.

During all work and exercise a tearing down process is going on, and the growth or rebuilding takes place during relaxation and sleep. There can be no growth while the muscles of the body are in action. Rest gives the tissues time

Rest Gives Tissues Time for Repair.

to rebuild and carry off the debris produced by the work and exercise. If the required amount of rest is not given, the body becomes clogged by waste matter and this interferes with the tissues growth or rebuilding.

By right living, the worn out tissues are aided in their discharge from the body and the process of growth is helped in its work of rebuilding. If given the right material and the right amount of time to rebuild, the new tissue formed will be stronger than before. But if the right amount of rest is not given, the tissues do not have sufficient time to discharge the waste and rebuild and weakness and disease must necessarily result.

Health requires that one should divide his day into three parts. Devoting eight hours to work, eight hours to recreation or change of work and eight hours to sleep.

Recreation and change of work give rest by relieving the muscles and nerves which have been on a tension during the hours of work. They are as necessary to health as sleep. They not only give rest to those particular muscles

Tearing Down as Important as Repair.

and nerves which were on a special strain during work, but they give other muscles the opportunity to tear down. Tearing down is as necessary as building up.

Sleep gives rest to the whole body. During sleep, the heart slows, breathing is less frequent, muscles are relaxed and all tissues are given an opportunity for growth. For eight hours of work there should be sixteen hours of rest. It takes twice as long to build up as it does to tear down.

As to the kind and frequency of the rest required, one must rely not only upon his judgment but also upon Nature's demands.

As nature sends out calls for food and water, so does she send a warning when rest is required. She warns by giving a sense of fatigue. If Nature's first call is heeded, a short rest is sufficient to meet her demands, but if her call be neglected, a longer time is required. Continued neglect will bring on a state of over-fatigue. Over-work or over-fatigue is fatigue that does not disappear before the next exertion, and re-

Heed Nature's First Call for Rest.

sults in disease. It behooves each one to heed Nature's demands for rest.

Her first call indicates tired nerves and muscles. Later, the organs themselves show need of rest for repair, the circulation becomes slow, the nerves dull, secretions are lessened and the powers of digestion decreased. Extreme-fatigue or over-work finally affect the organs of sense and faculties in general. The eyes grow dim and the hearing dull and concentration becomes impossible.

This point can be illustrated by the account of a bicyclist who was a contestant in a ten-mile bicycle race. He had a watch fastened to the handle bars in such a way that he could keep his eyes on it during the race. Before he had finished the fifth mile, he found that it was impossible to read the watch hands. He says he saw the hands plain enough, but he lost the faculty of getting any meaning out of them.

Statistics show that a large per cent of all accidents in factories occur during the closing hours of the day. The hand and the brain of the workmen are fatigued.

Over Fatigue Affects Organs and Faculties.

We cannot avoid fatigue but it is necessary for us to know what it is and how to deal with it to keep us from making costly blunders. Failure to rest when fatigued, is a direct violation of Nature's law, Pay Back What You Borrow, and the penalty is severe.

Many men and women are living lives of invalidism because they ignored this law. For example, students, while getting an education, frequently are not content to follow the guidance of Nature, but instead, follow only their ambitious desires. Disregarding Nature's call for rest, they burn "the midnight oil" in their efforts to lead their class, to win a prize, to forge ahead of some one or to do two years' work in one. As a result, they impair the powers of mind and body by not giving Nature time to renew the exhausted brain cells and worn out tissues.

An Italian physiologist states that flocks of quail arrive on the sea coast of Italy every year on their northward migration from Africa. The distance across the Mediterranean is three hundred miles or more, and the birds cover this

Story of the Quail.

distance in less than nine hours. When the quail sight land, their strength is almost exhausted. They seem to have lost the power of recognizing objects even though their eyes are wide open. Every year vast numbers of birds dash themselves to death against trees, telegraph poles and houses on the shore. Those that have met with no accident lie motionless on the edge of the beach for some moments as though stunned. They seem to have become incapable of fear and sometimes even let themselves be caught by hand without trying to get away. When they finally awaken to their exposed position, they pick themselves up suddenly and run to a hiding place. But they do not fly. Several days elapse before they will use their wings again.

Rest is not only for the purpose of storing up strength for the coming day, but for future emergencies as well. In each human life as with the birds there come periods of great stress, in which there is unusual demand upon endurance. When the life of a loved one hangs in the balance, a mother may be called upon to

Prepare for Emergencies.

spend weeks at the sick bed. Without reserve strength this would be impossible.

The mother is the maker of the home. Upon her depends the physical, mental and spiritual welfare of her family. Her responsibilities are so great that to meet them she must have power of endurance. She needs reserve physical and mental strength to enable her to be prepared for emergencies. Without reserve energy it is impossible for her to successfully discharge her obligations.

As a rule, women know so little about the care of their bodies and they need to know so much. A homemaker's duties are so many and so varied that health is most important in their performance. In many instances she is financier, executive, and manager of the home, besides having duties to perform for the club, society and church. And if a mother, her sense of responsibility would require her to give some of her attention to the public schools.

No mother is so busy but that she can give her body all the care it requires. A mother often makes a slave of herself for her children. Tak-

Conservation of Energy.

ing no thought of the future, she exhausts her energy on her little ones, and later, when her boys and girls are older, she has not the reserve strength to give them the care, attention and companionship of which they are so much in need. A mother must learn to store up energy if she would prepare herself for future work and emergencies. Invalidism or death, resulting from spent energy has compelled many a woman to surrender to another her work as homemaker and mother.

It is rest that enables a woman to reserve energy. Most women go on borrowed strength from day to day and deceive themselves into thinking they do not need rest. Extra demands upon their strength soon reveal their mistake as any increase of work or care will result in illness that will compel them to spend days and sometimes weeks in bed. Too many women think it a waste of time to rest each day. Rest is not a waste of time for one can accomplish more in a day with rest than without it. The time wasted is the time spent in paying the penalty for not taking daily rests.

Penalties For Violated Laws.

But few women realize how much time they waste in a year paying these penalties. Every year the average woman spends weeks or perhaps months in bed or unable to work. Head-ache claims one day out of each week or month; overwork from house-cleaning demands a week or two of her time; a special function given by society, club or church takes a few more days. In keeping Nature's accounts straight by daily rests, all such penalties are avoided.

Nervous prostration, neuritis and paralysis are direct results of over-taxed bodies. The cause of these diseases is not Providence, heredity, climate or trouble, but is to be found in the patient herself. She failed to study her body and give it the time necessary for tissue repair. All accounts with Nature must be settled sooner or later.

“Nature seldom presents her bill on the day you violate her laws. But if you overdraw your account at her bank and give her a mortgage on your body, be sure she will foreclose. She may loan you all you want, but, like Shylock, she will demand the last ounce of flesh.”

The Cause of Disease Is Within.

Unless every expenditure of strength is balanced by a corresponding amount of rest, disease will result. Nature has made strict physical laws and to each is affixed a penalty for its violation. Her penalty for overwork is broken down nerves. Nervous prostration is the result of over-fatigue. Because of the failure to take a daily, systematic rest, a rest of several months or years is demanded. Nature is no respecter of persons, all must suffer the penalties for violation of her laws. None can escape.

There are some who cannot profit from the experience of others. They can gain knowledge only from their own experience. Although they may realize that they are violating the laws of health, yet they think that somehow they can avoid the penalty. One may, perchance, fly from human law and escape. Here, never. Suffering is sure to follow.

After suffering does come, an attempt may be made to shirk the responsibility by attributing the cause to Providence, or heredity, but the cause is within one's self. Providence has

Rest Ameliorates All Symptoms.

nothing more to do with our aches and pains than to make strict physical laws, to each of which is affixed a penalty for its violation. Heredity cannot be the cause, as not disease, but only the tendency to disease can be inherited. All inherited tendencies can be overcome by right living. The laws of health are fixed and immovable and if we disobey them we pay the penalty.

The laws of health are to give to the body what it requires of food, water, fresh air, rest and protection. Food, water and fresh air furnish the materials for rebuilding the broken down tissues, but rest gives the necessary time for recuperation.

Lack of rest aggravates all symptoms of disease and this makes rest so much more necessary when there are diseased conditions. Without rest, the headache is worse, the backache more severe, the stomach trouble more distressing. No matter what chronic disease a woman may have, a daily rest will ameliorate all symptoms and, if taken during health, will prevent many diseases.

Cause of Irritability.

Lack of rest also has an effect upon the mind. A tired woman is not herself but is irritable. If a woman works all day without resting, by night she is so irritable that she makes the home unpleasant for both husband and children. If she continues to neglect her daily rest, she begins to pity herself and thinks she is working too hard. She does not realize that her suffering is not from work but from lack of rest. Finally, the principal topic of her conversation is her bad feelings and her work.

Only those women who do not rest think they work too hard. The women who take daily rests enjoy their work and are thankful for it and for the strength with which to do it. They do not complain, they do not pity themselves. No work is too hard for a woman who knows how to take care of herself.

The rest that a woman needs should come from relaxation, recreation and sleep. She especially requires periods of relaxation during her working hours. A woman's work is a greater nervous strain and requires more rest than a man's work. Her being confined to the

house is more trying for, if her work were in the fresh air, she would not tire so easily. Her work is so varied that it takes no small amount of mental effort to look after the details of her housework combined with her outside work of clubs, church and society.

She starts out in the morning with a certain amount of nerve force. When she has worked all forenoon, she has about used her supply of energy and should have rest to regain what she has lost during the forenoon and to prepare her for whatever may come during the afternoon. By taking an hour's rest near the noon hour, no woman would be too tired to rest at night, no matter how hard her work or its nature. English women are much stronger and less nervous than the American women and they always take a rest after the noon meal.

How to take the noon hour rest is most important, for a thorough relaxation is necessary. This can not be done sitting in a chair or reading, but one must lie on the back to thoroughly relax both muscles and brain. Many women do not know how to relax for they have been on

a nervous strain for so long. Their muscles and nerves are on a tension and they cannot let go of themselves. When their attention is drawn to it, they find that they are holding themselves on the bed instead of letting the bed hold them. Relaxation is a letting go of one's self. Walt Whitman says that the way to relax is to lie on your back and imagine you are molasses. You begin to spread and spread until, finally, you begin to drip over the edges of the bed. Then you are relaxed.

With an hour of perfect relaxation after the noon meal a woman is ready for any work or nervous strain. Every woman, sick or well, should take this rest after the noon meal. Many farmers' wives have thought they could not possibly spend the time for that amount of rest each day. But after practicing it, they have found they could do more and better work for the relaxation. A healthy woman requires this amount of rest each day, but a woman suffering from a chronic disease requires still more. She should take little five-minute rests during the day as Nature demands. To lie

down a few minutes at the beginning of a tired sensation would make her feel like new.

Some women complain that resting makes them feel worse. This shows how badly they need the rest. Their nerves are on such a tension from long neglect to respond to Nature's demands, that a relaxing of the nerves makes Nature send in a distress call for more rest. It takes such women weeks to be able to thoroughly relax. It pays to recognize Nature's warnings of fatigue. It is daily rests that help women to keep fit for their work.

Is it not better to take rests every day than to have to spend weeks and perhaps months confined to the bed with nervous prostration? If a woman works all day long without rest, she is too tired at night to sleep and she rolls and tosses until midnight or later. She rises the next morning with the lost nerve force of the day before only partly regained. However, she has just as much work to do, just as many demands upon her strength, but only half as much strength to meet them. If she continues to ignore Nature's call for rest she will lose

The Cause of Nervous Prostration.

some nerve force each day until finally nervous prostration will be the result. A woman who takes her daily rest cannot have nervous prostration.

Women's diseases are caused almost entirely by themselves: By their negligence in caring for their bodies. So long as they are encouraged in thinking their diseases are due to marriage, child bearing, and overwork, they will not realize the necessity for learning the needs of their bodies and supplying them. The sooner they awaken to the fact that they alone are to blame for their diseases, the sooner will they assume the responsibility of properly caring for their own bodies.

Recreation is also a means of rest. It directs their minds toward other things than work and develops another side of their nature. A picture show, theater, social gathering or popular lecture are restful recreations and, to most people are necessities to health and development of mind.

Sleep is the most complete rest of all. It is the great builder of the body. Someone has

Sleep and Fresh Air.

said, "Sleep knits the raveled sleeve of care." Everyone should have eight hours of sleep out of every twenty-four. A restful sleep must be where there is fresh air. Too much fresh air in a bed room is an impossibility. No matter how fresh the air in a room when one retires, if the windows are closed, the air will become impure in an hour's time. During the remaining seven hours this impure air is breathed over and over again. How could one be rested after spending such a night? Fresh air is very essential to the purification of the blood and the carrying off of waste matter from the tissues. The principal repair of the body goes on during sleep and unless there is a supply of fresh air, the body will be filled with waste products and impure gases.

Everyone does not realize the importance of fresh air in the bed room. When taking a walk early in the morning, it is surprising the number of houses that have all windows closed. Some have porch bed rooms built with many windows, and in many instances, even those are closed. No one need be afraid of fresh air

The Body a Storage Battery.

for it cannot do harm. It is foul air that is the cause of "colds," not fresh air as many suppose. One who drinks plenty of water and sleeps in the fresh air will not wake in the morning with a bad taste in the mouth and a bad breath.

The body is a storage battery and rest replenishes its cells with potential energy. Good work demands reserve power. One cannot do good work when the system is full of products of overwork and the nerve batteries are depleted so that their discharge is impossible.

Instead of relaxation each day, artificial means are often employed, but their relief can only be temporary. Drugs for tired nerves give but a temporary easing up. They relieve by causing a temporary paralysis of the nerves. They increase energy-spending power without increasing the energy. Stimulants draw more and more upon one's capital of energy and eventually cause bankruptcy. One hour of natural sleep is worth more than ten hours of induced sleep.

Real rest is that which results from a study

Study the Body and It's Needs.

of the body and a recognition of the body's needs and how to supply them. Rest cures benefit for the time being, but do not teach one how to live. One returns and makes the same mistakes and soon the rest cure must be repeated.

Rest, which is such an important factor in the preservation of health, depends upon a general knowledge of the body and its needs. The study of the human body is a subject not to be shunned. The human body is wonderful in its present power, wonderful in its possible power, and so much more wonderful as we learn more about it and realize still greater possibilities not dreamed of now.

CHAPTER IX.

Protection of the Body.

We have considered how essential food, water and rest are to the body but, even though these are supplied, there cannot be health if proper protection of the body is lacking.

The body is like a machine. It must be kept clean inside and out and protected from exposure. Each organ of the body is wonderful in itself, but when all are put together they form one whole machine, which, when in perfect order is automatic, self-oiling, self-sepairing, self-heating, and self-governing. To run a machine we must know the relation of its component parts with other parts, its capacity to do work, and how to handle it. But when it comes to the intricate mechanism of the human body, many run it by guess or rely upon Providence until the damage is done.

Protection of the body is for the purpose of giving it uniform heat and thus avoiding congestion or inflammation of any part. Ex-

Regulation of Temperature of Body.

posure of some part of the body to wet or cold interferes with the circulation and a "cold" is the result.

The temperature of the normal human body is 98.6 degrees, and this must be maintained for health. In order to maintain this uniformity of heat, the surface of the body must be cooled or warmed according to the weather. While Nature has provided to a certain extent against changes of the temperature, yet she requires aid in the form of lighter or heavier clothing.

In summer, the hot air coming in contact with the surface of the body would greatly increase the heat of the body and the internal organs, had Nature not provided a way for the cooling of the surface by evaporation. The increased heat excites the sweat glands to greater activity and perspiration is the result. This moisture on the skin evaporates as it comes in contact with the air and this cools the surface and thus the internal temperature is not changed.

In winter, Nature provides the animals with protection from the cold weather, but the hu-

Protect the Body.

man must provide his own protection. Nature gives animals a heavier coat of fur or hair. The human protects his own body with heavier clothing. If heavier clothing were not worn in winter, the cold air striking the surface of the body, would tend to lower its internal temperature.

The covered parts of the body should be as nearly uniformly protected as possible, especially in winter. Men meet this requirement in their winter clothing, but most women and girls fail to protect their arms and lower limbs properly.

Some of them wear no heavier underclothing in winter than they do in summer, giving as an excuse the furnace-heated houses and offices. But instead of lighter clothing being required, the opposite is true, for the warmer the building, the greater change one experiences upon going into the fresh air. One's clothing should be heavy enough to shield the body from shocks of sudden changes of temperature that cause the inflammation found in the chronic diseases from which so many women suffer.

Protect the Feet.

In perfect health the circulation is equalized, each organ and limb receiving its apportioned amount of blood from the heart. But, when one part of the body is exposed to wet and cold, a chill may be produced, the blood vessels contract and this part be prevented from receiving its normal blood supply. The blood that should have reached the exposed part may collect in some organ and congestion or inflammation be the result. Many chronic diseases begin in this way from exposure.

The majority of the chronic diseases of women originate with a cold caused by exposure of the feet during damp weather. But few women protect their feet properly during wet weather, and no one can have health or obtain it while careless in this particular. Most of women's diseases are caused, and all diseases are aggravated by exposure of the feet during damp or wet weather.

The reason women take cold from getting the feet damp more quickly than from other exposures, is because the circulation is poorest in the feet. Most girls and women suffer from

Cause of Poor Circulation.

cold feet because, from repeated exposures, there is a chronic congestion of some organ of the body. That congestion takes more blood than the organ is entitled to and other parts of the body must have a less supply. The part of the body that suffers the most from the lack of blood is the feet. There is too much blood in the congested organs and not enough in the feet. Exposure of the feet to cold and dampness when there is this lack of blood supply will produce a greater chill and greater contraction of the blood vessels. The greater this contraction, the greater amount of congestion will be produced in some internal organ. This congestion will always aggravate if it does not cause disease.

All symptoms one may have are intensified sooner or later by exposure of the feet. The aggravation of neuralgic or ovarian pains immediately follows exposure of the feet, while the aggravation of other symptoms may not be manifested for a week or two. Women who suffer from pain often learn for themselves the necessity of keeping the feet warm and dry.

Mothers Responsible for Daughter's Health.

It is very noticeable on a rainy day which of the women passing by have learned to care for their health. It is not the healthy women who fail to wear rubbers, but the pale, sickly women whose faces tell the story of nervousness, weakness and pain. The girls who go without rubbers not only advertise their mothers' lack of knowledge of the care of the body, but their own futures can be easily read. They are following in their mothers' footsteps and are storing up for themselves nervousness, pain and suffering which will detract from their enjoyment and usefulness in life.

Girls should be brought to a better knowledge of themselves and the care of their health, and this can best be done through the mothers and teachers. Example is better than precept, and teaching the girls rules of health would have but little effect upon them if the mothers and teachers failed to observe and practice those rules. A part of every girl's education should be physiology and common sense hygiene. In some high schools physiology is an elective study and, because it is not presented

in an interesting way, most pupils elect another study instead. Thus, the majority of high school pupils are graduated without any knowledge of the body and its care. A college graduate once asked me concerning the location of the liver.

The teaching of physiology, without hygiene, can benefit a pupil but very little. To learn about the body would necessarily call for a knowledge of the care of it. To successfully teach pupils to be enthusiastic for health, the instructors must practice it and thus show the way by living in a simple and inspiring manner.

As health is the foundation of all good work, the schools would turn out much better students if the care of the body were taught. The majority of high school girl graduates are nervous wrecks because they have not been taught how to protect their bodies and conserve their energy. They have spent time and money in training for what? To spend years on a couch or in a sick room. To be a burden instead of a help to those who are dearest to them. With-

out health culture in schools we cannot hope to have strong men and women.

Beauty as well as health depends upon the protection of the body. Girls spend hours attempting to improve their appearance, but do not give even a moment's thought to the care of their health. They little realize that their good looks depend more upon the protection and care they give their bodies than upon the cold creams, lotions, rouge and powder they so faithfully apply. Without the right protection of the body, there can be neither health nor beauty.

Girls should be taught to realize the responsibilities which will come to them in the marriage relation, and that the best preparation they can make to meet these responsibilities is to have health. Marriage is a lottery at best, but the chances for a happy marriage are much better with health than without it. Good health would give girls different ideas of marriage and they would aspire to be helpmates instead of burdens. With health, they can be on an equality with their husbands and mar-

riage for them would be a companionship. A woman of common sense is always companionable even though she lacks in education. For women to be on an equality with their husbands, does not always depend upon the amount of education they have, but the use they make of their mental faculties. Poor health weakens the will and the activity of the mind, and faculties often remain dormant. The development of the faculties depends largely upon a woman's health. Girls should be taught that for a woman to be a companionable wife, she must have health and the ability to make the most of her faculties. By having this knowledge before marriage, they would avoid many of the pitfalls into which so many women have stumbled.

Without health a wife and mother cannot do all that is demanded of her. The burden of the home rests upon her shoulders. Besides outside cares, she must perform the combined office of nurse, cook, laundress, seamstress and governess. Upon her rests the duty of training the children and starting them in their great work of character building. Everyone in the

Women Not Men's Equals.

home depends upon her love, her work, and her persistence in making the home despite the odds against her. One can imagine a woman without a home, but not a home without a woman. It takes strength of both body and mind for her to do justice to her work, but with health she can perform all her duties and perform them well.

Because of women's lack of knowledge concerning the protection of their bodies, they have the title of "weaker sex," and many deserve this title. Men and women were originally equals in the order of creation, and this equality could only be destroyed by subsequent causes. Lack of protection of the body has been the cause of any failure of women to be the peers of men.

They are born with as good minds and bodies but later, many become both mentally and physically weaker, because their wrong manner of living has made them so. They begin to deteriorate about the time of their entrance into womanhood. This is the time when they need the right instruction concerning their bodies'

Health Essential to Mental Development.

care and fail to receive it. If women are mentally and physically inferior to men, it is because they have not cared for their bodies and developed their faculties. Too many women stop all mental development after marriage, partly from inclination, but largely because of physical weakness. With health, home cares need not interfere with the development of faculties. Health gives time, inclination and strength for mental development.

Much has been written concerning women's mental and physical inferiority to men. Inequality would be wholly due to lack of health. Their mental strength depends upon their physical strength. Women will be men's equals when they so prove themselves. Health is the one essential.

With health, a woman need not make excuses for her shortcomings. When she has learned to care for and protect her body and take pride in her health, the members of her family will no longer speak pityingly of her and consider her weaknesses, but will be proud of her—proud of

Why Many Treatments Do Not Cure.

her physical endurance and her increased capabilities.

Women, who do not give their feet the right protection in all kinds of weather, are storing up much trouble and suffering for themselves and families. Disease is sure to result. No treatment can take the place of protection of the feet. A failure to give the feet the right protection on a rainy day would counteract any good effects resulting from treatment. Women, who do not wear rubbers in damp weather, had better never take treatment of any kind because they would be throwing away their money. Many women wonder why they spend years in taking treatments without good results. No treatment can possibly cure them so long as they do not know how to protect their bodies. Protection of the body is necessary both in curing and preventing disease.

Not only girls, but boys as well should be taught that they must protect their bodies. Between the ages of fifteen and twenty is a critical period for boys. It is the time of preparation for manhood and the beginning of their

Character Building.

work of character building. Because they have not learned how to live, they often make mistakes during that period that mar their whole lives. Lack of the right care of their bodies and ignorance of life have let them into making many blunders. Wrong living causes unbalanced conditions. Too often, boys are encouraged in the sowing of "wild oats." If they, alone, would reap what they sow it would be a different matter. But many times, in later years their wives and children reap the harvest of the "wild oats" sown. This, the price of wrong living.

Boys should be taught how to live. Such instructions, as parents are unable to give them, can be obtained from books. Boys should obtain their knowledge of life and its mysteries from other sources than from experience. Such books as the Marden Inspirational series would give them the right ideas of life and fill them with the desire to be real men—the kind that is "the noblest work of God."

Invalidism, insanity and death are the penalties for the lack of protection of the body.

Health the Outcome of Right Living.

These are the penalties, and protection of the body is the law. Too many times the penalties are given the attention that should be given the law. One cannot escape the penalties so long as he continues to violate the law. We get from our bodies what we give them.

Health is the natural outcome of right living, and disease, of wrong living. Right living prevents disease. It is always better to prevent a disease than to wait until a cure is necessary. Too much time has been spent on the study of the cure of diseases, and too little time has been spent on the study of their prevention.

If right living were generally practiced by the people, it would be unnecessary for New York to pay out seventy million dollars a year in treating and caring for consumptives. Consumption is a preventable disease and even inherited tendencies to tuberculosis can be overcome by right living. Protection and fresh air will prevent the disease. Many of the victims of tuberculosis sleep in closed rooms until the disease has made progress and their physicians

Study Your Body.

prescribe fresh air. The prevention of disease can only come through the study and care of the body.

“Nothing else is so important to man as the study and knowledge of himself, and yet he knows less of himself than he does of the beasts about him. The human body is the great poem of the Great Author. Not to learn how to read it, to spell out its meaning, to appreciate its beauties, or to attempt to fathom its mysteries, is a disgrace to our civilization.”

CHAPTER X.

Vaccination.

There are two sides to every question and it is advisable to look upon both sides before coming to a decision. Especially is this best, when the question involved, is one concerning health of children. Parents cannot afford to be careless in settling such a matter as vaccination, without giving it reasonable consideration, for the future health of their children may be at stake. They should understand the claim made by those who oppose vaccination before they come to a decision in the matter.

Vaccination is a process by which a specific disease termed cowpox is introduced into the human organism with the view of protecting it against smallpox.

There are many physicians who oppose vaccination and there are many who still advocate and practice it. Those who oppose vaccination are called anti-vaccinationists, and it is their

side of the question that will be presented in this chapter.

Vaccination as a means of the prevention of smallpox, has been more or less practiced by physicians since 1778, when it was introduced in England by Dr. Edward Jenner. His claim was that vaccination gave one "immunity for life" from smallpox. Parliament passed laws of compulsory vaccination and they were rigorously enforced. In spite of this enforcement, or resulting from it, 14,244 deaths occurred during the years 1857-59. The vaccination laws were then even more rigorously enforced, but the death rate increased reaching 20,059 in the years 1863-65.

After twenty years of compulsory vaccination almost 50,000 deaths occurred in England. Parliament then appointed a commission to investigate the matter, and, as a result of this investigation, the commission urged a repeal of the compulsory acts. This resulted in a decided decrease of smallpox and fewer epidemics.

John Pitcairn in his treatise, "Fallacy of Vaccination," tells that in Prussia in the years

What Anti-vaccinationists Believe.

1871-72, after five years of compulsory vaccination, there died of smallpox 124,948.

The city of Leicester, England, stopped vaccinating in 1889. Dr. Hadwen of Gloucester, England, says, "Vaccination is the most gigantic piece of quackery ever exploited among civilized people in this or any other age of the world's history." Some of our best authorities claim that vaccination has caused more deaths and disability than smallpox in the last twenty years.

Anti-vaccinationists believe that vaccination is dangerous and do not believe that it affords protection against smallpox. They believe vaccination to be a great crime against humanity. They believe it to be a means of contaminating the human system with vile, animal poison and many constitutional diseases. They believe the compulsory vaccination interferes with the personal liberty of the people.

Several years ago, while practicing in Council Bluffs, I had an opportunity to note the results of vaccination. An epidemic of smallpox

Vaccination Worse Than Smallpox.

lasted all of one winter, an average of forty home being under quarantine.

A law was passed compelling all school children to be vaccinated. It almost broke up the school, most of the children being obliged to be absent days and sometimes weeks because of the vaccination.

From smallpox there were no deaths or bad results, but from vaccination there were two deaths, one high school boy lost his arm, several of the children were unable to attend school for the rest of the year, and many were never so well again. It was claimed that at least one-third of those that had smallpox had been vaccinated.

Those who sanction vaccination, claim that the fact of smallpox being in much lighter form now than formerly is an argument in its favor. That the light form is a result of vaccination. Anti-vaccinationists claim that the lighter form of smallpox is due to more sanitary living because, not only is smallpox less fatal, but other diseases also caused by unsanitary living, are of lighter form or have disappeared altogether.

Sanitation Best Prevention of Disease.

Typhus fever and Asiatic cholera have almost entirely disappeared. Yellow fever, malaria, typhoid fever and diphtheria are not nearly as prevalent as they were a few years ago. This is due to increased sanitation.

People live better than they used to. They knew but very little about plumbing and sewerage a hundred years ago. They threw all rubbish and waste in the alleys, and did not keep their bodies cleaner than their streets, for bathing was not popular with the majority of them. They treated fresh air as if it were a poison. Many corked up their windows in the fall and did not open them until the weather settled in the spring. In case of sickness, fresh air was not a part of the prescription given.

If the same energy used in forcing vaccination were used in teaching people the use of the natural remedies, not only smallpox, but diphtheria and typhoid and scarlet fever would be stamped out entirely. Sanitation, or right living, will prevent all diseases, contagious, infectious and chronic.

Right living is to supply the body with the

Right Living Means Health.

natural remedies necessary to keep it in good working order. Prevention of disease depends upon the purity of the blood, and whatever will keep the blood pure will prevent disease.

Health can only exist if the blood is pure. This depends upon the food, water, and fresh air supplied each day. The supply of food and water must be sufficient to maintain the right proportion of 10 per cent solids and 90 per cent water, and the fresh air necessary for the blood's purification in the lungs. The way to prevent disease is to keep the blood pure, since disease cannot be present in the body while the blood has the right proportion of water and solids. Only the natural remedies, food, water and air can insure this proportion. Medicine cannot. No drugs can take the place of natural remedies in the maintenance of pure blood. They only tend to increase its impurity and this encourages disease.

Some people contract contagious diseases more easily than others do. A whole family may be exposed to smallpox but only part of them take the disease; only those whose blood

already contains so many impurities that the phagocytes cannot eliminate the additional poison introduced by the exposure.

Is it reasonable that a poison introduced into the blood would prevent disease? Even if it would, common sense reasoning shows that the natural remedies will purify the blood and thus prevent disease. Then would it not be better to choose the natural remedies, rather than poison for this prevention?

The anti-vaccinationists include a vast number of intelligent people. Among them are professors in colleges, prominent writers, and doctors holding positions of trust and responsibility. We have in our possession extracts from letters written by five hundred physicians living in different parts of the country, who oppose vaccination.

The following are a few of them:

A physician living in Uncasville, Conn., says, "I believe the universal practice of vaccination has a tendency to keep smallpox alive instead of stamping it out. Vaccination is dangerous and barbarous."

Compulsory Vaccination.

A physician in San Francisco, Cal., writes, "I am opposed to vaccination in any form and at any time. Emphatically, No! I do not believe in compulsory vaccination. I do not consider vaccination harmless. On the contrary, pernicious and dangerous."

Another from Napa, Cal., writes, "If any one is foolish enough to believe that poisoning the blood of a healthy child will protect it against smallpox, let them thus protect themselves. Why need they care whether the other fellow is protected or not? If vaccination protects you, the unvaccinated cannot injure you by giving you smallpox."

A physician in Putnam, Conn., "Emphatically, no! I do not believe vaccination should be made compulsory among the people. I believe it is dangerous, in some cases immediately, and in a large majority, remotely. Sanitation, external and internal, is the only and best immunity from smallpox, as well as all other filth diseases. Vaccination is diametrically opposed to all known laws of God and Nature, and in

time will be relegated as one of the barbarisms of the past."

Another from Stockton, Cal., writes, "I am opposed to compulsory vaccination. Have seen bad results from vaccination immediately and later. In my family I prefer smallpox to vaccination. Am unvaccinated myself, have treated it, and slept with it, had it twice in my own family, and never took the disease. Practiced over thirty years."

One physician from Independence, Kansas, writes, "I do not believe in compulsory vaccination at all. I do not believe vaccination protects any one from smallpox by its specific action. I believe vaccination is dangerous. I believe that all contagious diseases are harmless if the blood is fortified with all its normal ingredients, also that filling the blood with a poison will not prove a good substitute for Nature's plan. Were health boards to enforce vaccination upon my children, I should set about removing the poison with the same determination as if they were bitten by a rattle snake. In these days of boasted civilization we

ought to remove a little further from barbarism in our practice.”

Another physician from Salem, Mass., writes, “Common sense hygiene and sanitary measures are of more importance than vaccination. I do not believe that children should be compelled to be vaccinated under a penalty of expulsion from school. I believe the ordinary vaccination is dangerous..”

A woman physician from Boston, Mass., writes, “I do not believe that ordinary vaccination protects from smallpox, nor that children should be compelled to be vaccinated under penalty of expulsion from school. I believe vaccination is dangerous. I do not believe blood poisoning, tetanus and abscesses can with any certainty be avoided in all cases of vaccination. My conclusions are based on both actual, personal experience and careful study. I believe in teaching my patients to keep well; health being the divinely appointed, germ-proof condition.

A physician in Parma, Mich, writes, “I do not believe that vaccination protects any one from smallpox. I do not believe in compulsory vaccin-

Vaccination a Menace to Public Safety.

ation, as it deprives the person of personal liberty of thought and opinion. I have fought against vaccination during my practice of forty-one years. I contend that to introduce into the system a vile animal poison is against all laws of Nature and common sense. I am so much opposed to the practice that I will not buy the virus or have anything to do with it.”

Dairy, New Hampshire, “No man living is a stronger opponent to vaccination than I am. No good comes from it. The very act is inconsistent. Common sense tells us the cleaner we keep our blood the healthier we are, and then deliberately to introduce a poison of which no man knows anything except that it is the most horrible poison known. Any man who will vaccinate an innocent, healthy child is a menace to public safety.”

These are the expressions of a few of the many physicians who have made the results of vaccination a study. It is not good judgment to cause disease to prevent disease. The time is coming when vaccination will be laid aside as a barbarous practice. It will be set aside with

the old time practice of blood letting, blistering and setons.

When people think for themselves along these lines they will no longer submit to the practice. England had to abandon compulsory vaccination several years ago and we are travelling the same road.

External and internal cleanliness is the best prevention of disease. Since the United States has occupied Manila, smallpox has been stamped out, not by vaccination, but by cleaning up the dirty city. Since the United States has occupied Havana, yellow fever has been stamped out by the same process of cleanliness.

It is a great responsibility that the medical profession is taking in compelling people to be vaccinated against their will. Some day the world will know the truth of this matter. And in that day it will be determined whether vaccination is a persecution or a benefaction.

CHAPTER XI.

Right Thinking.

No one, who does not furnish his body with what it needs, can keep well. One of the requirements of the body is the right habit of thought. In health, the mind and body must work in harmony, as one depends upon the other. A sound body means a sound mind. Right thinking is an important factor in the maintenance of good health, but it depends upon the condition of the body.

There are certain bodily conditions that invariably produce certain conditions of the mind. Can you imagine a person whose system is clogged, liver inactive and blood sluggish and impure as having a bright cheerful countenance and as one who radiates cheer and optimism? A dark view of life and a gloomy despondent mind are the natural results of an inactive liver and a clogged system. They are symptoms of these diseased conditions the same as the headache, the tired feeling, the pain under the shoulder blade or fullness in the right side. It

Care for Body, Then Cultivate Cheerfulness.

would be difficult to cultivate a cheerful habit of mind under these conditions.

First clean out the body and give it right care and then it will be an easy matter to cultivate cheerfulness for it is natural to look on the bright side if the body is well cared for and the brain supplied with pure blood. No number of affirmations for the elimination of fear, worry, impatience and despondency can be effectual if the laws of health are being violated. Only the healthy person can be freed from them. It is the women who fail to rest and drink the water their bodies require, that are irritable, impatient and constantly borrowing trouble. Advice to "not worry" and to cultivate patience is lost upon them as long as they continue to deny their bodies rest and water.

Irritability and impatience are often attributed to disposition when, instead, they are the result of abuse of the body. It is next to an impossibility for a tired mother to be patient, but it is easy for the mother who takes her daily rests, for patience is her natural inclination.

Fear and worry are the results of unbalanced

Live Right, Then Think Right.

conditions of the body and can be wholly eliminated from the mind only when the body is well cared for. First, live right, and then learn to think right. When the body is supplied with the food, water, fresh air and rest it requires, right thinking can be cultivated. Cheerfulness is greatly aided by a body that is externally and internally clean. As no organ can do good work without a supply of pure blood, neither can the brain produce good thoughts without the supply of right nourishment. Upon the purity of the blood depends the elimination of fear and worry.

Fear and worry are destroyers of peace. Christ's repeated admonitions were "to have faith" and "be not afraid." Having faith would eliminate worry and the cultivation of courage would free one from fear.

Fear attracts to us the thing feared. Those who fear disaster or defeat generally experience it. Their fear draws it to them. They think it and talk it and finally they experience it. Job said, "What I have feared has come unto me."

Learn to Live One Day at a Time.

As worry is one form of fear, the elimination of fear from one's mind is practically eliminating both. As a rule, women worry more than men because they are more neglectful of the care of their bodies. They worry about the past and the future and while thus spending their time forget to make the most of the present. By learning to live only in the present, one would soon forget to worry about the past and future. To learn to live but one day at a time is to learn one of life's greatest lessons.

This is well expressed by the following quotation from Robt. Burdett: "There are two days of the week upon which and about which I never worry. Two care-free days, kept sacredly free from fear and apprehension.

"One of these days is yesterday. Yesterday, with all its cares and frets, with all its pains and aches, all its faults, its mistakes and blunders, has passed forever beyond the reach of my recall. I cannot undo an act that I wrought; I cannot unsay a word that I said on yesterday. All that it holds of my life, of wrongs, regret and sorrow, is in the hands of the Mighty Love that

Tomorrow Is God's Day.

can bring honey out of the rock and sweet waters out of the bitterest desert—the Love that can make the wrong thing right, that can turn weeping into laughter, that can give beauty for ashes, the garment of praise for the spirit of heaviness, joy of the morning for the woe of the night.

“Save for the beautiful memories, sweet and tender, that linger like perfumes of roses in the heart of the day that is gone, I have nothing to do with yesterday. It was mine; it is God's.

“And the other day I do not worry about is tomorrow. Tomorrow with all its possible adversities, its burdens, its perils, its large promise and poor performance, its failures and mistakes, is as far beyond the reach of my mastery as its dead sister, yesterday. It is a day of God's. Its sun will rise in roseate splendor, or behind a mask of weeping clouds. But it will rise. Until then, the same love and patience that hold yesterday and hold tomorrow, shine with tender promise into the heart of today. I have no possession in that unborn day of grace. All else is in the safe keeping of the In-

"As Thy Day, So Shall Thy Strength Be."

finite Love that holds for me the treasure of yesterday. The Love that is higher than the stars, wider than the skies, deeper than the seas. Tomorrow—it is God's day. It will be mine.

"There is left for myself, then, but one day of the week—today. Any man can fight the battles of today. Any woman can carry the burdens of just one day. Any man can resist the temptations of just one day. O friend, it is only when to the burdens and cares of today carefully measured out to us by the Infinite Wisdom and Might that gives with them the promise, "As thy day, so shall thy strength be," we willfully add the burdens of those two awful eternities—yesterday and tomorrow—such burdens as only the mighty God can sustain—that we break down. It isn't the experience of today that drives men mad. It is the remorse for something that happened yesterday, the dread of what tomorrow may disclose.

"These are God's days. Leave them with Him.

"Therefore, I think, and I do, and I journey but one day at a time. That is the easy day.

Leave Yesterday and Tomorrow With God.

That is the man's day. Nay, rather, that is our day—God's and mine. And while faithfully and dutifully I run my course, and work my appointed task on that day of ours, God the Almighty and All-Loving takes care of yesterday and tomorrow."

CHAPTER XII.

“Last Sunday a young man died here of extreme old age at twenty-five.”

Old age is not always a matter of years. Age is not always determined by years, but by the habit of thought and the care given the body. The right care of the body not only prevents disease and eliminates fear and worry, but it prolongs usefulness and longevity. Some are as old at fifty as others are at seventy. Old age is determined more by the abuse of the body than by years. The infirmities of old age are not due to age but to ill health—abuse of the body. “Old age seizes upon an ill-spent youth like fire upon a rotten house.”

It is right living and right thinking that insures a comfortable old age. Money cannot buy it, it must be earned by right living. No investment yields greater returns than an investment in health. Its returns are a long life of mental and physical strength. Many deliberately throw away precious years by wrong living and bad thinking.

Live Each Day to Your Fullest and Best

The right way to prepare for old age is first to learn to live right and then to learn to think right. To live right is to give the body the food, water, fresh air, rest and protection it requires. To think right is to eliminate fear and worry by learning to live but one day at a time and that to your fullest and best.

The lack of water and rest will prematurely age one. Lack of a sufficient supply of water to the system causes the muscles to shrivel and the skin to become dry and leathery. Some old people are spoken of as being "dried up." They have that appearance because they have denied their bodies water.

A woman, who has denied her body rest, often has little, fine wrinkles in her face, which age alone never produces. Rest and water-drinking will not only prevent them but will cause their disappearance. An abused body and outraged nerves bring their penalties.

Worry and the habit of looking on the dark side prematurely ages one. Habit of thought is indicated by the face. There is nothing that will preserve a youthful appearance so much as

It Is Never Too Late to Begin to Live Right.

a cheerful habit of thought. The ability to see only the good and bright side of life.

“A man is like a fine watch, which, if properly cared for, will keep splendid time and run for a century, but which, if neglected or abused, will soon get out of order, and wear out or give out long before it should.”

Living right and thinking right makes one's possibilities unlimited. Decrepitude of mind or body comes from abuse or lack of use. There are many among the great who did their best work after fifty. Unused faculties age faster than those that are used. To keep young we must keep alive all over. Some people walk about the earth for years after they are practically dead.

It is never too late to begin to live right and to think right. A person of seventy, who had never cared for his body as he should, would soon appear ten years younger if he would begin to give his body the right treatment.

Right living and right thinking would enable one at seventy to accomplish more in one year than he could in six years in the twenties. One's

Health Means Unlimited Possibilities.

faculties need never deteriorate. With the right care, they would strengthen with age instead of weaken. With health, one's possibilities are unlimited. Some of our greatest men did their greatest work after they were fifty. With health, one is never too old to grow and improve. It is never too late to accomplish anything we may desire to accomplish, for to have a desire to attain shows that there is the ability for its realization. The brain, like the muscles, weakens from lack of use. It is never too late to improve one's faculties. "There is always time to grow mentally; but there is never time to grow old. One may travel down the long avenue of time with every faculty retaining the full vigor of manhood's prime, or he may call to him the infirmities usually associated with advanced years. As he wills in thought, the result will be."

"It is too late! Ah, nothing is too late.
Till the tired heart shall cease to palpitate.
Cato learned Greek at eighty; Sophocles
Wrote his grand *Epidus*, and Simonides
Bore off the prize of verse from his compeers
When each had numbered more than four-score years.

And Theophrastus at four-score and ten
Had but begun his 'Characters of Men.'
Chaucer, at Woodstock, with the nightingales,
At sixty wrote the 'Canterbury Tales.'
Goethe, at Weimer, toiling to the last,
Completed 'Faust' when eighty years were past.

"What, then? Shall we sit idly down and say
The night hath come; it is no longer day?
The night hath not yet come; we are not quite
Cut off from labor by the falling light;
Something remains for us to do or dare,
Even the oldest trees some fruit may bear,
For age is opportunity no less
Than youth itself, though in another dress;
And as the evening twilight fades away,
The sky is filled with stars, invisible by day."

SUMMARY

Each person has a mission to perform that no one else can do, and the performance of that mission is what constitutes success in life.

The foundation of all success is health, a sound body and a sound mind, the result of right living.

Right living is the result of a general knowledge of the mechanism of the body, its needs, and the application of those needs. The necessary requirements of the body to keep it in good working order are food, water, fresh air, rest and protection.

The food, water and fresh air furnish the building material for the broken down tissues. Rest gives the time required for the rebuilding process. Protection of the body maintains a uniformity of heat in the body and thus prevents congestion.

Chronic diseases are caused by a failure to provide the body with its requirements. They can be cured only by supplying those requirements and applying a healing remedy and massage.

Right living pays large dividends.

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